



Diabetes Awareness Month

Today, roughly 1 in 11 Americans suffers from diabetes, and another 86 million Americans are at risk of developing the disease. It is because of these sobering facts that November has been named National Diabetes Awareness Month.

Diabetes is a physiological condition that affects the way the body uses energy from sugar, starches and other foods, causing unstable blood-sugar levels. Those born with the disease are said to have Type 1 diabetes. Many more develop the disease later in life through poor diet, lack of exercise and other factors. This is known as Type 2 diabetes.

To reduce the risk of developing Type 2 diabetes, consider these simple lifestyle changes:

- **Eat right.** Choose whole foods such as fruits, vegetables, whole grains, lean proteins and low-fat dairy products. Limit processed foods, which tend to be high in sugar, fat and sodium.
- **Lose weight.** Research shows that overweight people can prevent or delay the onset of diabetes by losing 5 to 10 percent of their body weight.
- **Be active.** Exercise can help control blood sugars and manage weight.
- **Quit smoking.** Heavy smokers almost double their risk of developing diabetes, when compared with non-smokers.

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